

**ROTARY 4-WAY TEST**  
 1. Is it the TRUTH?  
 2. Is it FAIR to all concerned?  
 3. Will it build GOOD WILL and BETTER FRIENDSHIPS?  
 4. Will it be BENEFICIAL to all concerned?



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 Visit The Rotary Club of Winchester website at [www.rotaryclubofwinchester.org](http://www.rotaryclubofwinchester.org)  
 Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

May 16, 2019

- June 8 & 9 - Our 8th Annual Rummage Sale
- June 13 - Shrimp Feed, Izaak Walton Park (No Noon Meeting)
- June 1-5 - Rotary International Convention, Hamburg, GR
- June 27 - International Affair
- June 27 - Installation of New Officers and Board Members

**TODAY**

Today we'll hear from our own John Lamanna of Timber Ridge School.

**Rotary Rummage Sale - Keep those treasures coming!**

The beneficiary for this year's rummage sale is **Bright Futures**, so be sure to sign up to help for a few hours and keep those unwanted treasures coming!



Watch for the sign up sheet at today's meeting. The official move-in day is May 25th...help is needed! If you can spare an hour or two to help get rummage from the trailers into the Armory Building at Shenandoah University, please sign up. Posters are available if you have a good spot to hang them.

**New Rotary Club**

**"Area Wonders"** - A new regional area Rotary Club has been officially chartered and now active. **Doug Sexton**, the President, told us they do not have a permanent meeting place but meet the first & third Thursdays of every month and can be found on our District web page should you wish to attend a meeting.



**Newest Rotarians**

We welcome our newest Rotarians: **Tiffany Cadoree** and **Robin Cardillo** who were inducted last meeting. Be sure to take a moment and give them a hearty Rotary welcome!



**Our Last Program**

**Lauren Cummings** updated us on the Rotary Global Grant of \$90,000 awarded to our area to help fight the drug problem that has become epidemic. The money has largely been used to fund drug testing kits for parents to use when they suspect their kids are becoming involved in drug use.



A recent survey of students shows a marked increase in both drug and alcohol use at earlier ages and by high school a sharp increase in marijuana and other more serious drugs. Predictably, this has led to an even sharper rise in drug use between the ages of 18-21. The drug testing kits are useful because it helps deter drug use and when testing proves positive allows parents to intervene before the problem becomes much more serious. Experience is showing that the earlier intervention occurs, the higher the success rate of preventing addiction.

Even when testing shows no drug or alcohol abuse it helps prevent problems because of the fear of being caught. Further, all of our area guidance counselors have been trained in how to deal with students who have been identified as having drug and/or alcohol abuse problems. There are currently 11 distribution centers for testing kits. The test results are revealed immediately which allows the parent deal with the situation right away.

It is especially important to note that prescription drugs are also a problem. All of us should properly dispose of prescription drugs and watch for any that are missing or children who may be acting erratically or differently as this may be a sign of some sort of drug use.

**Apple Blossom Float**

**Wilson Gilbert** reported that the float was a great success having been awarded **First Place in the Civic Organization category**. District Governor George Karnes and his wife Lynette were featured on the float and our own Gary Chrisman also rode on the float and learned the **"Parade Smile & Wave"**. . . it all added to the local spirit of our float. Thank you Wilson for once again making this happen!



**Need to make-up an absence? Check out these area club meetings:**

Clarke County - Wednesday Lunch - EPIC Buffet/Hollywood Casino - 12:15	New Market - Wednesday Lunch - The Shenvallee Golf Resort - Noon
Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm	Purcellville - Thursday - Loudoun Golf & Country Club - 7:30 am
Frederick County - Tuesday Breakfast - Westminster Canterbury - 7:30 am	Strasburg - Tuesday Noon - Strasburg Moose Lodge - Noon
Front Royal - Friday Lunch - Houlihan's @ Holiday Inn - Noon	Warren Co. - Wednesday Breakfast - Front Royal Golf Club - 7:00 am
Hagerstown - Wednesday Lunch - Fountain Head Country Club - 12:15 pm	Warrenton - Thursday Lunch - Fauquier Springs Country Club - 12:15 pm
Leesburg - Thursday Evening - River Creek Country Club - 6:30 pm	Woodstock - Wednesday Lunch - Woodstock Country Club - 12:10 pm

**Absentees 5-9**

William Aikens  
Scott Arthur  
Jenny Baker  
Lori Bales  
Jean Barch  
Jackie Bates  
Ken Blackwell  
Kim Blosser  
Mary Braun  
Kerri Burkhart  
David Chandler  
Anthony Crosen  
Nancy Davis  
Bruce Downing

Dana Evans  
Carolyn Fitzwater  
Melissa Fortner  
Rob Frogale  
Jenny Grooms  
Robert Hall  
Dick Helm  
Brian Hester  
Sven Hlywiak  
Heather Hovermale  
Sherry Hudson  
Alex Iden  
Richard Irvin  
Douglas Joyner

Jaime Karalis  
Don Karolyi  
Deborah Langfitt  
Chris Lewis  
Kent Mull  
Ron Price  
Jon Reimer  
Ken Rice  
Mary Riley  
Tootie Rinker  
Tom Rockwood  
Sue Scarborough  
Karen Schultz  
Roy Schwarz

Terry Sinclair  
Jonathan Snowden  
Jenny Stanford  
Patty Taylor  
Brandon Thomas  
Michelle Thomas  
Lupe Vea  
Ajay Virmani  
Ben Weber  
Billy Whirley  
Michael Williams  
Stuart Williams  
Jim Youngblood  
Ryan Zelaski

**Make-ups\*** (Date & Function Attended)

Jean Barch – 4/4 – Rummage Sale Meeting  
Kimberly Blosser – 4/10 – Woodstock Rotary Club  
Paul Frank – 4/18,25 – International Affair Meeting  
Chris Lewis – 5/9 – Little Theatre  
Tootie Rinker – 4/9 – International Affair Meeting  
Jonathan Snowden – 4/9 – International Affair Meeting  
David Sovine – 4/20 – Hands Against Hunger

**Turning in a Make-up?**

Please make sure to complete all information, including your name, the event or club attended, date attended and date making-up on all make-cards and slips submitted.

**NEXT BOARD MEETING**

**MAY 23rd**

The meeting will be held at Winchester Country Club  
*All are welcome & it counts as a Make-up!*

**Visitors & Guests Last Meeting**

Tiffany Cadoree, guest of Don Butler  
Kimberley Wine, guest of Cary Claytor  
Andrew Jackson, guest of Guss Morrison  
Ernie Bliss visiting from Martinsburg Rotary

**HEALTH REPORT**

Libba Pendleton was unable to join us due to respiratory illness but hopes to return next week.

Rob Frogale's mom passed away and Dan Martin's wife Lisa lost her father.

**HEALTH TIP - HEALTHY VISION MONTH**

It's all too easy to take healthy vision for granted. Everyone should make eye health a priority this month.. During Healthy Vision Month, the National Eye Institute encourages you can do to protect your vision:

- Get a through eye check-up once a year
- Know your families vision history
- Wear sunglasses that block 99-100 percent of UV rays.
- Use protective eye wear like safety glasses/goggles safety shields when necessary



And, of course, live a healthy lifestyle, including eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking.

Taking these steps can help prevent vision loss or blindness from many eye diseases and conditions. In addition, regular comprehensive eye exams can detect problems early, when they are easier to treat.

Celebrate Healthy Vision Month by following these steps today! You'll help ensure your eyes are healthy and that you're seeing well for a lifetime.

**WE NEED HELP!!!**

**REPORTERS & PHOTOGRAPHERS NEEDED!**

*You don't have to be Clark Kent, Lois Lane or Jimmy Olsen to help out!* Really, it's not that hard! Cog-Wheel reporters & photographers take one month turns and even get a makeup! If you would like to help, see Sue Rich (reporters) or Melinda Henkel (photographers). Cell phones work great for our meeting photos.

**The Blunt Facts about Legalized Marijuana**



Don Butler told us of a free program that is taking place TODAY 6:30-8 PM at Daniel Morgan Middle School Auditorium. **Blunt Facts** is an informative presentation on the effects of

legalized marijuana in Colorado and the implications for our own State. See Don for more details or to be a sponsor.

**Rotary District Governor Installation**

**Tim Carter**, our District Governor for 2019-2020, and his leadership team will be installed into office on July 1, 2019 at the Woodstock Presbyterian Church in Woodstock, VA. The ceremony starts at 11:30 with a catered luncheon followed by the installation program. All Rotarians in District 7570 are invited to attend the ceremony.

Please register for this important event on the District Calendar or by visiting:

<https://www.dacdb.com/index.cfm?EventID=77432043>

The Registration deadline is June 24, 2019.

**Last Week's Drawing**

Pat Kofalt won \$9 last week, but he didn't find the Ace of Spades for the Jackpot. This week's jackpot is up to \$179.



**EVENT MAKE-UP SLIP**

The Rotary Club of Winchester

Print Your Name: \_\_\_\_\_

Event Attended: \_\_\_\_\_

Date of Event: \_\_\_\_\_

Committee, Board, Community Event

Date of Missed Meeting: \_\_\_\_\_

(Turn in at Sergeant at Arms Desk)

**President**  
**President-Elect**  
**Secretary**  
**Treasurer**

**Paul Magness**  
**Cary Claytor**  
**Dick Kent**  
**John Elrick**

**BOARD OF DIRECTORS**

2018-2021 Jeff Barbour, Nancy Davis, Dick Helm, Tricia Simpson  
2017-2020 Paul Frank, John Lamanna, Libba Pendleton, Dave Smith  
2016-2019 Jenny Baker, Jaime Karalis, Kent Mull, Jonathan Snowden

**IMMEDIATE PAST PRESIDENT - Julia Connell**

**Cog Wheel Staff:** Jenny Baker, Belinda Barbour, Paul Burkholder, Tom W. Byrd, Sharen Gromling, Malinda Henkel, Don Karolyi, Tom Macubbbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Melinda Henkel

Reporter: Paul Burkholder